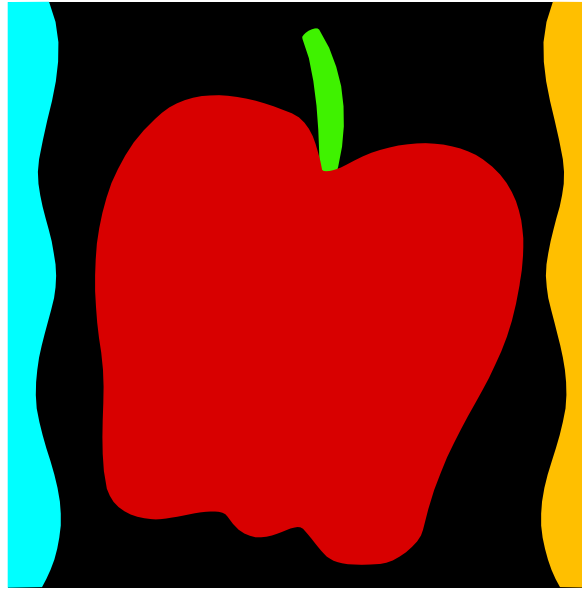

Healthier Kansas Menus - Breakfast



WEEK 2 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education - 2010

Healthier Kansas Menus - Breakfast – WEEK 2 – DAILY PRODUCTION RECORDS



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Healthier Kansas Menus recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *School Nutrition* magazine, November 2009, www.schoolnutrition.org
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- Kansas Pork Board, www.pork.org
- USD 201 Washington County
- USD 320 Wamego

Menus for the Week

PLEASE NOTE:

Milk choice includes a choice of non-fat or 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
Cereal Bar String Cheese Fresh Citrus Fruit Cup Milk Choice	Baked French Toast Strips with Syrup Strawberries & Bananas Milk Choice	Western Omelet Quesadilla with Tomato Salsa Potato Rounds Fresh Pear Milk Choice	Scrumptious Coffee Cake Sunrise Smoothie Graham Crackers Milk Choice	Biscuit and Gravy Apricots Fruit Juice Choice Milk Choice	K-12	Target
					Calories	554
					Cholesterol (Mg)	59
					Sodium (Mg)	676
					Fiber (G)	5.45
					Iron (Mg)	3.00
					Calcium (Mg)	533.1
					Vitamin A (IU)	1282
					Vitamin C (Mg)	31.51
					Protein (G)	18.38
					Carbohydrate (G)	97.44
					Total Fat (G)	10.47
					Saturated Fat (G)	3.38



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM - B Recipe Page Number
Monday	Fresh Citrus Fruit Cup	134	29
Tuesday	Baked French Toast Strips	B-106	3
	Strawberries & Bananas	124	32
Wednesday	Western Omelet Quesadilla	B-93	27
	Tomato Salsa	129	34
Thursday	Scrumptious Coffee Cake	B-105	23
	Sunrise Smoothie	B-89	33
Friday	Biscuit & Gravy	B-118	5

Recipe numbers reference the *Healthier Kansas Menus- Breakfast Recipes* booklet and KSDE's Nutri-Kids nutritional analysis of these menus.

Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM - B	Healthier Kansas Menus - Breakfast	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram	F/V	fruit/vegetable
mg	milligram	G/B	grain/bread

* For example, purchase pre-portioned servings of condiments.

Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

Purchasing, Preparation & Serving Instructions

Week 2 – Monday

Menu Item	Purchasing & Preparation	Serving
Cereal Bar	<ul style="list-style-type: none"> Purchase Whole Grain (first ingredient listed is whole grain) Cereal Bar with CN label or Product Analysis of 1 G/B or weight of 1.8 oz or greater. 	K-12: 1 bar
String Cheese	<ul style="list-style-type: none"> Purchase low fat individually packaged natural or process cheese product weighing at least 1 oz. CCP: Hold for cold service at 41° F or below. 	K-12: 1 oz
Fresh Citrus Fruit Cup	<ul style="list-style-type: none"> Prepare Fresh Citrus Fruit Cup, HKM recipe 134. Refer to <i>Fruit & Vegetable Order Guide</i> for amounts needed. Cover and refrigerate until serving. 	K-12: 4 oz spoodle
Milk	<ul style="list-style-type: none"> Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 2 -

Tuesday: Defrost strawberries under refrigeration. Prepare Baked French Toast Strips and refrigerate overnight.

Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

WEEK 2 – MONDAY

Preparation Site: _____

Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #									Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-12				Age/Grade Group:						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Cereal Bar		1 bar			1.0							
String Cheese		1 oz	1.0									
Fresh Citrus Fruit Cup	134	4 oz spoodle		.52								
Milk		½ pint										
Lunch Component Total			1.0	.52	1.0							

Purchasing, Preparation & Serving Instructions

Week 2 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Baked French Toast Strips	<ul style="list-style-type: none"> Prepare and/or bake the Baked French Toast Strips, HKM-B Recipe B-106. CCP: Hold for hot service at 135° F or above. 	K-12: Serve 2 strips
Strawberries & Bananas	<ul style="list-style-type: none"> Prepare HKM recipe 124, Strawberries & Bananas. <i>Refer to Fruit & Vegetable Ordering Guide</i> for amounts needed. Cover and refrigerate until service. 	K-12: 4 oz spoodle
Milk	<ul style="list-style-type: none"> Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint
Syrup	<ul style="list-style-type: none"> Purchase 1 oz packets or purchase in bulk. If bulk, purchase 12.5 cups per 100 1 fl oz servings. 	K-12: 1 PC each or 1 fl oz

Pre-preparation for Week 2 -

Wednesday: Defrost cubed ham under refrigeration.

Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

WEEK 2 – TUESDAY Preparation Site: _____ Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-12				Age/Grade Group:						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Baked French Toast Strips	B-106	2 strips	1.0		1.0							
Strawberries & Bananas	116	4 oz spoodle		.64								
Milk		½ pint										
Syrup		1 fl oz										
Breakfast Component Total			1.0	.64	1.0							

Purchasing, Preparation & Serving Instructions

Week 2 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Western Omelet Quesadilla	<ul style="list-style-type: none"> Prepare Western Omelet Quesadilla, HKM-B Recipe B-93. Purchase ham containing no more than 11% fat or 2.5 gm fat per 1 oz serving. Purchase whole wheat 6" tortillas (first ingredient listed is whole wheat) weighing at least .9 oz. CCP: Hold for hot service at 135° F or above. 	K-12: ½ quesadilla
Picante Sauce or Tomato Salsa	<ul style="list-style-type: none"> Purchase salsa that is as low in sodium as possible or prepare following Tomato Salsa, HKM recipe 129. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. May be served, self-serve or pre-portioned for service. CCP: Refrigerate until served. Hold for cold service at 41° F or below. 	K-12: 1 oz spoodle or 1 oz ladle or 2 Tbsp
Potato Rounds	<ul style="list-style-type: none"> Purchase frozen, ovenable, unseasoned potato rounds. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Follow manufacturer's directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings. CCP: Hold for hot service at 135° F or above. 	K-12: 1.1 oz or about 4 pieces
Pear, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase pears, size #150. Handle with gloved hands. Wash pears. Cover and refrigerate until serving. 	K-12: 1 pear each
Milk	<ul style="list-style-type: none"> Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 2 -

Thursday: Defrost strawberries under refrigeration. Chill pineapple chunks, peaches, and pears for Sunrise Smoothies. Prepare and bake Scrumptious Coffee Cake, if desired.

Friday: Thaw sausage under refrigeration.

Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

WEEK 2 – WEDNESDAY Preparation Site: _____ Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Western Omelet Quesadilla	B-93	½ quesadilla	1.7		1.0							
Tomato Salsa	129	1 fl oz		.13								
Potato Rounds	126	1.1 oz or about 4 pieces		.25								
Pear, Fresh		1 each		.50								
Milk		½ pint										
Breakfast Component Total			1.7	.88	1.0							

Purchasing, Preparation & Serving Instructions

Week 2 – Thursday

Menu Item	Purchasing & Preparation	Serving
Scrumptious Coffee Cake	<ul style="list-style-type: none"> Prepare Scrumptious Coffee Cake, HKM-B Recipe B-105 or warm in proofing cabinet. Glaze just before serving. 	K-12: 1 piece, cut 4 X 6
Sunrise Smoothie	<ul style="list-style-type: none"> Prepare Sunrise Smoothie, HKM-B Recipe B-89. Refer to <i>Fruit & Vegetable Order Guide</i> for amounts needed. CCP: Hold for cold service at 41° F or below. 	K-12: 6 oz smoothie in an 8 oz cup
Graham Crackers	<ul style="list-style-type: none"> Purchase bulk or individual packets (13 gm). If bulk, weigh to equal .45 oz portion. Serve with gloved hands or tongs if not pre-packaged. 	K-12: .45 oz
Milk	<ul style="list-style-type: none"> Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 2 -

Friday: Chill apricots.

Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

WEEK 2 – THURSDAY Preparation Site: _____

Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Scrumptious Coffee Cake	B-105	1 piece			1.6							
Sunrise Smoothie	B-89	6 oz		.52								
Graham Crackers		.45 oz			.5							
Milk		½ pint										
Breakfast Component Total				.52	2.1							

Purchasing, Preparation & Serving Instructions

Week 2 – Friday

Menu Item	Purchasing & Preparation	Serving
Biscuit and Gravy	<ul style="list-style-type: none"> • Prepare Biscuit and Gravy recipe, HKM-B Recipe B-118. • Purchase whole grain biscuit (first ingredient listed is whole wheat) weighing at least 1.8 oz or prepare Angel Biscuit HKM Recipe B-120. • Purchase sausage containing no more than 10% fat or 3 gm per 1 oz serving. • Purchase a gravy mix with no more than 1 gm of fat per fl oz. • CCP: Hold for hot service at 135° F or above. 	K-12: 1 biscuit and 3 oz spoodle gravy
Apricots	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase apricots packed in light syrup or juice. • Chill cans overnight. Wipe can tops clean before opening. • Cover and refrigerate until serving. • Serve with slotted utensil. Level utensil when serving. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 oz spoodle
Fruit Juice Choice	<ul style="list-style-type: none"> • Offer variety of 2-3 choices of 100% full strength juice (apple, grape, orange and pineapple used for analysis). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 fl oz
Milk	<ul style="list-style-type: none"> • Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Healthier Kansas Breakfasts – DAILY PRODUCTION RECORDS

WEEK 2 – FRIDAY

Preparation Site: _____

Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-6				Age/Grade Group: 7-12						
		Serving Size	M/MA oz	F/V Cup	G/B unit	Serving Size	M/MA oz	F/V cup	G/B unit			
Biscuit and Gravy	B-118	1 biscuit/ 3 oz gravy	.4		2.0							
Apricots		4 oz spoodle		.5								
Fruit Juice, Assorted		4 fl oz		.5								
Milk		½ pint										
Breakfast Component Total			.4	1.0	2.0							

Fruit & Vegetable Order Guide

Week 2

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus Production Records* for students in grades groups K-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size.
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

Abbreviations Key: **EP = Edible Portion** **AP = As Purchased** **lb = Pound** **oz = ounce** **# = Number**

Day	Fruit or Vegetable	K-12 Portion Size	K-12 Amount to Order per 100 Servings
Monday	Fresh Citrus Fruit Cup:	4 oz spoodle	
	Mandarin Oranges, canned pieces		1.8 #10 can
	Bananas, fresh, AP		9 lb
	Apples, fresh, AP		3 lb + 10 oz
	Grapes, fresh, AP		3 lb + 10 oz
Tuesday	Strawberries and Bananas:	4 oz spoodle	
	Strawberries, frozen, sweetened, sliced		16 lbs
	Applesauce, canned, sweetened		6 cups
	Bananas, AP		23 lb
Wednesday	Western Quesadilla Omelet:	1/2 quesadilla	
	Onions, chopped, EP		1 lb
	Peppers, chopped, EP		1 lb
	Picante Sauce or	1 fl oz	.8 gallon (100 fl oz)
	Tomato, crushed, salsa-ready, canned (for Tomato Salsa)		1 #10 can
	Jalapeno Peppers, canned (for Tomato Salsa)		2 oz
	Potato Rounds, frozen, ovenable, unseasoned	1.1 oz	12 lb + 11 oz
	Pears, fresh, 150 count	1 pear	100 each
Thursday	Sunrise Smoothie:	6 oz	
	Strawberries, frozen, sliced, sweetened		12 lb
	Pineapple chunks, canned in juice		.8 #10 can
	Peaches, diced, packed in juice or light syrup		.8 #10 can
	Pears, sliced, packed in juice or light syrup		.8 #10 can
Friday	Apricots, canned, packed in juice or light syrup	4 oz spoodle	4.2 #10 cans

Notes